

## Myth vs. Fact

**Myth:** Young people don't do drugs.

**Fact:** It's estimated that by the eighth grade, nearly one out of ten teens have tried illegal drugs.

**Myth:** Talking to kids about drugs and alcohol doesn't matter. They do what they want anyway.

**Fact:** Studies show that if you talk to your kids and tell them exactly what you expect regarding drugs and alcohol, they usually listen.

**Myth:** Meth use is only found in big cities.

**Fact:** Meth is illegally "cooked" in homemade backyard labs or is produced by super-labs in Mexico and imported across the country.

## What Does Meth Look Like?



## Useful Websites for Parents:

- The Partnership for a Drug-Free America  
[www.drugfree.org](http://www.drugfree.org)
- Parents: The Anti-Drug  
[www.theantidrug.org](http://www.theantidrug.org)
- American Council for Drug Education  
[www.acde.org](http://www.acde.org)

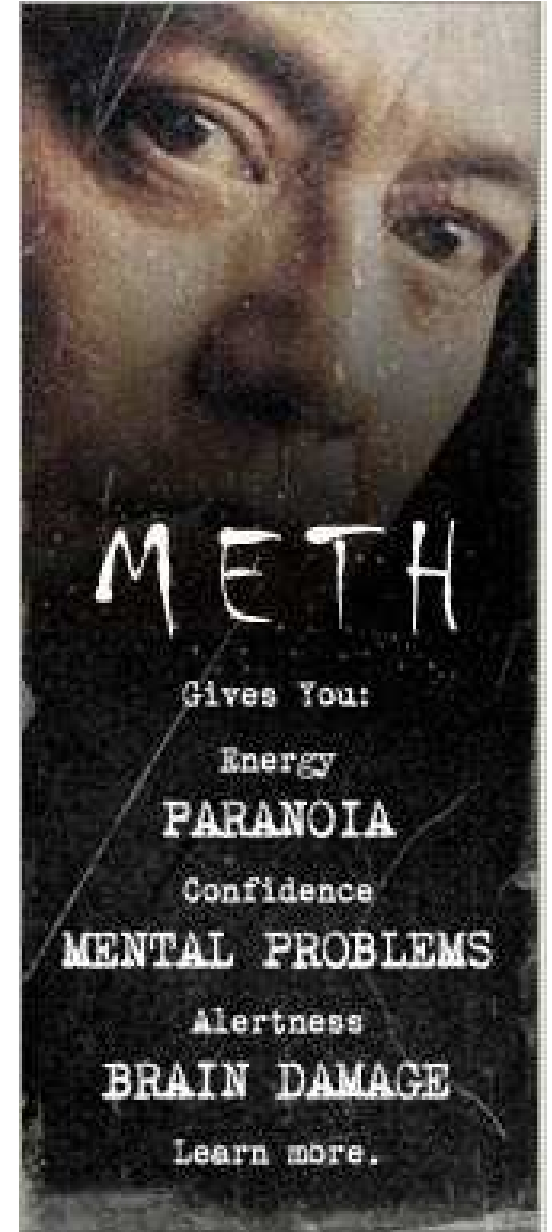
## Local Contact Information:



For more information contact:  
State of Wyoming  
Substance Abuse Division  
1-800-535-4006  
<http://wdh.state.wy.us/SAD>

# METH

## A MESSAGE FOR PARENTS



## What is Meth?

Meth is a highly addictive, central nervous system stimulant. While an increasing amount of meth is produced in Mexico and transported into the United States, it also is made in clandestine labs using common household ingredients. The manufacturing of meth produces poisonous gases and toxic waste products which are a danger to children, first responders, neighbors and law enforcement.



## Warning Signs to Watch For

- Loss of appetite—rapid weight loss
- High energy level or restlessness
- Insomnia, paranoia, dry mouth
- Loss of interest in usual activities
- Stealing and borrowing money from work, home, or friends
- Abrupt temper outbursts
- Deterioration in personal appearance and hygiene
- Sores on skin
- Declining performance at school, work, or home
- Hallucinations
- Unusual mood changes

## Tips for Talking To Your Children About Meth

- **Listen** ~ By attentively listening to children, you show respect and concern.
- **Be Flexible** ~ Talk while together in a car or doing dishes, rather than face-to-face.
- **Be Positive** ~ Keep your messages positive so your children feel talking is worthwhile.
- **Talk about your Feelings** ~ Links emotions to thoughts and helps convey reason for the feeling.
- **Establish Clear Rules and Consequences** ~ Set clear limits regarding alcohol and other drugs. Communicate these expectations regularly.
- **Stay Consistent** ~ Be as consistent as possible and stand behind your agreements you make with your children.



This picture is an example of some of the household products used to produce meth.

## Other Names for Meth

- Ice
- Crank
- Crystal meth
- Tweek
- Speed
- Chalk
- Glass
- Fast
- Go Fast
- Rock

## Health Effects

- Dependence
- Memory loss
- Mood Disturbances
- Repetitive motor activity
- Hallucinations
- Depression
- Paranoia
- Sever anorexia
- Stroke, liver or heart failure
- Brain Damage
- Coma
- Death

**An estimated 43,000 Wyomingites age 12 and older (10.2%) have used methamphetamine in their lifetime. \***

## How is it Taken?

- Snorted
- Injected
- Smoked
- Swallowed

\* NSDUH 2002-2004, WYSAC 2006